



This presentation will cover:

- What is Acquired Brain Injury (ABI)
- Causes of Acquired Brain Injury
- Who are Headway?
- What services do we offer?

Any questions, come and ask 😊



In Essex...



Every **58 minutes**, someone in Essex is admitted to hospital with an acquired brain injury (ABI)



Every **2:10 hours**, someone in Essex is admitted to hospital with a head injury



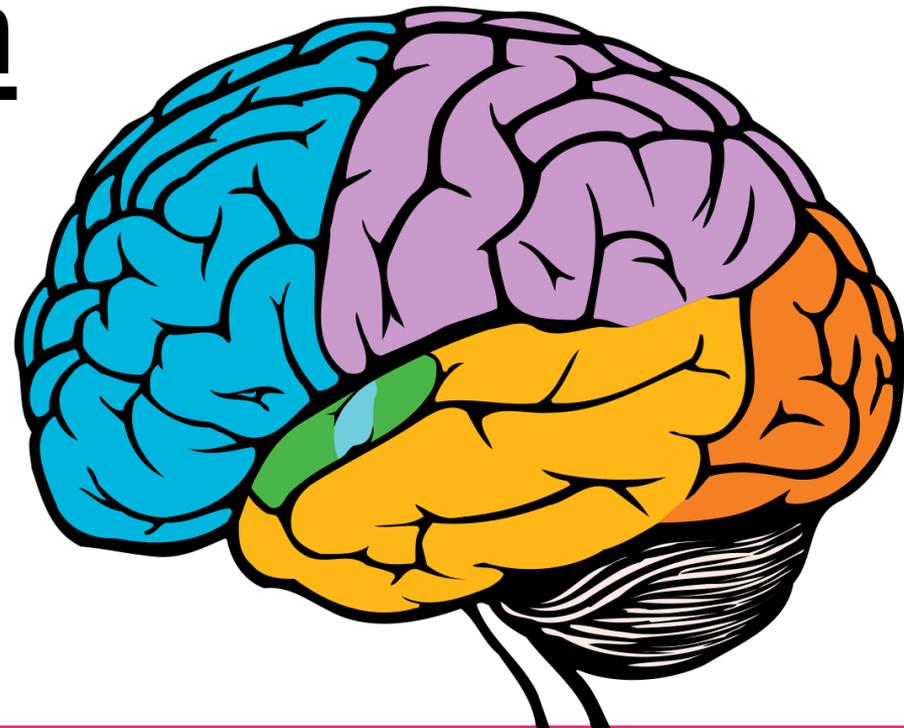
Every **2.5 hours**, someone in Essex is admitted to hospital with a stroke



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Essex

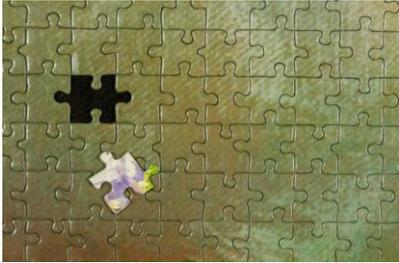
Providing Brain Injury Care & Support

What is acquired brain injury?





What is a brain injury?

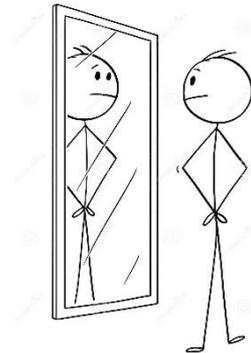


'A puzzle ... all the pieces are there but in the wrong order.'
—Barbara



'Scrambled egg between my ears.'—Graham

'Scary. I look the same but I feel like someone else.' —
Ann-Michel



'Unpredictable and extremely misunderstood.'
—Ronda





What is a brain injury?

CLINICAL DEFINITION –

UK Acquired Brain Injury Forum (UKABIF)



“A non-degenerative injury to the brain that has occurred since birth. It can be caused by external physical force or by metabolic derangement.

The term ‘Acquired Brain Injury’ includes traumatic brain injury, such as open or closed head injury, and non-traumatic brain injuries such as those caused by strokes and other vascular accidents, hypoxia, toxic substances taken into the body through inhalation or ingestion, and any invasive surgery or treatments for tumours.”



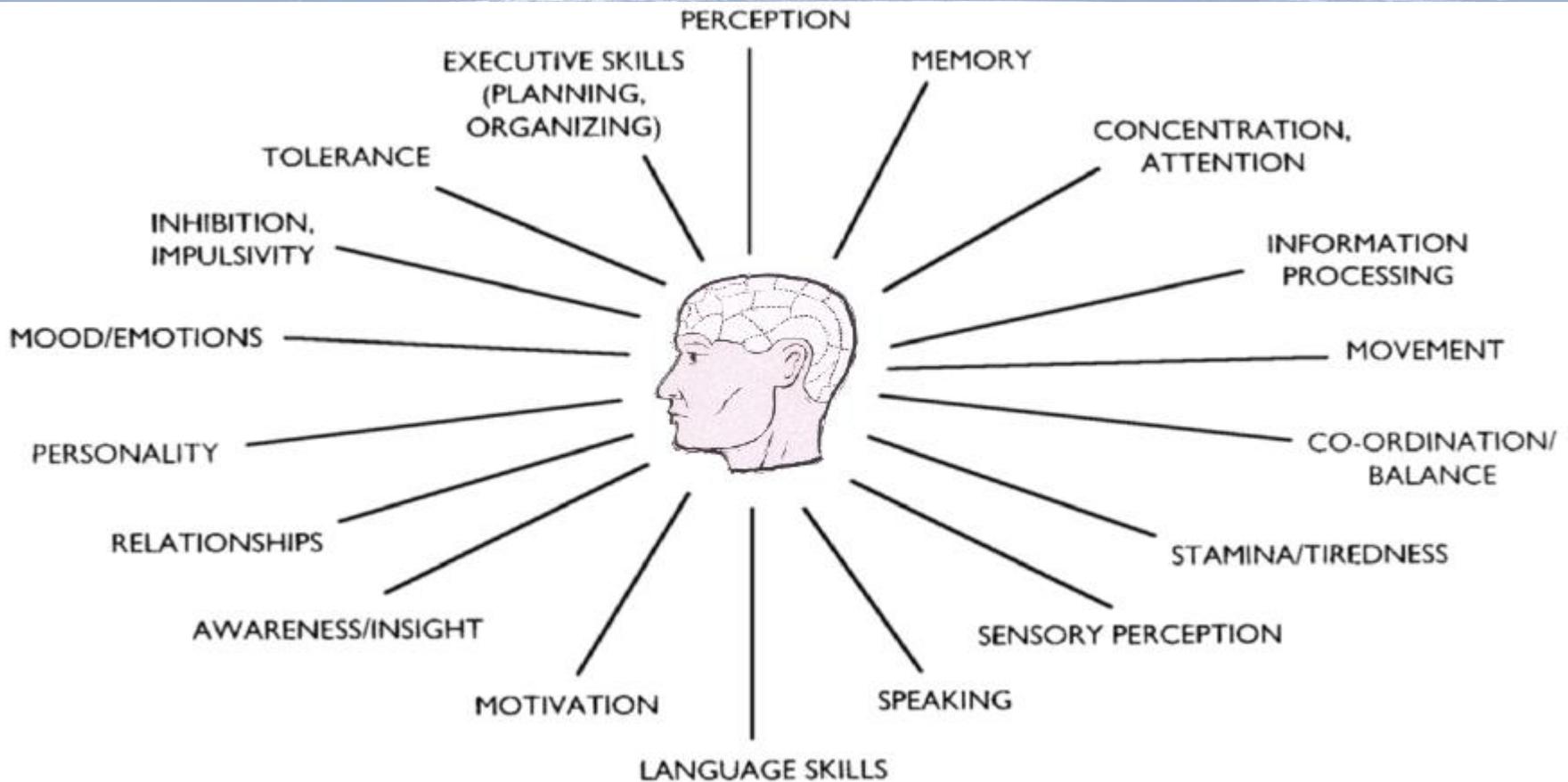
Some causes of acquired brain injury

Damage to living brain tissue from:

- **Traumatic causes** (falls, traffic collisions, assaults)
- Lack of blood flow to the brain (**Stroke**)
- Lack of oxygen to the brain (**Hypoxic**-near drowning, severe cardiac arrest)
- **Tumours**
- Infections in the brain (**Encephalitis**)
- Effects of **Alcohol/Substances Misuse**



Some impacts of acquired brain injury





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Who are Headway?





Headway - The Brain Injury Association

- Headway groups up and down the country work under the umbrella of the 'national' Headway UK
- Headway UK is involved with health select committees and reporting to MP's/government regarding issues and services relating to brain injury.
- The website is very good for information, Brain Injury Identity Card, booklets, and personal experiences of people with brain injury - www.headway.org.uk



I'm calling
about Chris

Headway UK resources

- **Helpline 0808 800 2244** – run by nurses with expertise in supporting people with ABI (this can come in helpful for our service users while on our waiting list too!)
- **Brain Injury ID Card**
- **'I'm Calling About Chris'** - Create a page free of charge to keep friends and families updated of your loved one's progress. It will be your page where you control what information is given; you can include photos and videos, or simply provide text updates. Importantly, you can choose whether your page remains private and accessible only with its unique link, or is available for anyone to search for on the site.

Brain Injury Identity Card



My name is: Jonathan Smith
I have a brain injury and as a result:

- I have difficulty processing information
- I have attention and concentration difficulties
- I experience fatigue
- I may have anxiety

For 24 hour criminal legal assistance, please call:

0800 140 4031





Headway Essex

- Established in 1985
- North & South Essex hubs covering Essex, but NOT London Boroughs (Headway East London)
- Each Headway group/organisation is a charity in it's own right and has to raise it's own funds.

Our Mission

Is to ensure everyone living with the effects of acquired brain injury has the opportunity to lead a fulfilling life.

Our Vision

Is, through our work:

- *People with acquired brain injury will fulfil their potential*
- *Families and carers will be better able to cope with their caring roles*
- *The wider community will understand the cause and effects of acquired brain injury*



Who are our services for?

- Adults aged 18 and over who have had an acquired brain injury
- Carers, relatives and friends of the above
- Unable to accept referrals for;
 - Individuals with degenerative or life limiting conditions
 - Individuals with alcohol and/or substance dependency, and/or mental health needs that exceed ABI support needs



Who can refer?



Anyone can refer but typically...

- The individual with the brain injury, their relatives/family or friends
- Health & social care professionals e.g. OT, Physio, SALT, GP, ABI Nurse Specialist, Rehabilitation Units, Social Workers, Advice & Support Agencies
- Other: Brain Injury Case Manager, Solicitor/Legal Representative, Employer, Education, Housing

Please note – if the referral is sent by a non-clinical referrer, evidence of brain injury is required



North Essex Day Service



- Based at Woodland Walk, Colchester
- Established 1985
- Open 5 days a week, Monday – Friday
- 82 places

South Essex Day Service

- Based at Benfleet Methodist Church, High Road, Benfleet
- Established January 2022
- Open 4 days a week – Tuesday, Wednesday, Thursday & Friday
- 60 places





At our Day Centres we aim to...

- Increase understanding of how ABI has affected the individual
- Improve confidence and self esteem
- Provide essential respite for carers and family members
- Offer re-education of lost skills
- Reduce social isolation
- Provide peer support
- Offer a safe space for individuals to share experiences





We achieve this by...



- Running activities such as: exercise, yoga, movement therapy, brain injury portfolio, quizzes, games, group work, gardening, day trips
- Providing each individual with a key worker, who will have good understanding of brain injury
- Completing regular reviews and setting SMART goals using the Outcome Star tool



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The Repair Shop



Dragon's Den





Community Support services

- Initial telephone support and advice
- Hospital, home and in house visits to carry out assessments & create support plans
- Monthly support groups, social groups and carer/relative only support groups
- Signposting/referring to appropriate organisations
- Light case work including writing supporting letters for benefits/blue badge/GP etc.
- Brain Injury and Me educational programme
- Wellbeing calls
- Meetings with employers
- Networking, presentations and information days





Support Group Meetings

- Held once a month across the County in: Clacton, Colchester, Chelmsford, Benfleet, Southend and Epping.
- Carer/relative only groups in Colchester and Benfleet.
- Men Motivating Men group in Colchester
- Young Circle group (18-40) in Benfleet
- The aims of these groups are to; reduce social isolation, provide information through staff knowledge, peer support/life experience and guest speakers.





Brain Injury and Me Programme (BIAM)



- 3 hour weekly sessions run for 8 consecutive weeks
- Topics include: Brain Anatomy, Fatigue, Concentration & Attention, Memory, Emotional Consequences
- To provide information & knowledge of brain injury
- To increase understanding of the effects of brain injury and how to cope
- To access peer support
- To increase confidence and self esteem





Don't Forget About Me (DFAM)

- A programme for carers and relatives supporting a loved one with an acquired brain injury.
- 5 consecutive weeks
- Guest speakers throughout the programme, as well as relaxation tools to help carers and relatives unwind
- Offering education, information, advice and peer support.

"...I struggled for months – alone – trying to support my husband. Headway was the first to ask 'how I was'."





Hospital Link



- Our hospital link work enables us to reach people sooner after their brain injury, so we can be there for them and their support network earlier. Working in the hospital we build strong relationships with hospital staff and health professionals, and raise awareness of our services and support.
- We hold informative talks with therapy teams and patient visits, to provide first-hand knowledge of the services we provide.



We visit all 7 hospitals in Essex. In 2024-2025 our Hospital Link Workers spoke to: 218 patients, 132 family members and 355 hospital professionals.



School Programme Brain Injury Education/Awareness programme

- Restarted again in 2024
- Aimed at school/college students Year 10, Year 11, Sixth Form including small or large groups i.e. school assembly to class of Health & Social Care students, Careers Day
- Aims to raise awareness about types and causes of acquired brain injury; precautions to reduce risk of severity of injury
- Interactive discussion, talk and presentation with the students
- Where possible attending with a person with a brain injury for first hand experience and talking 'from the heart'





COOK TOGETHER!

- 5 week cooking programme (3x programmes this year)
- Opportunity to learn cooking skills, healthy eating, food hygiene etc.
- Kindly funded by the South Essex Inequalities Grant





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“

“My life was turned upside down when I had a stroke, I was only 37. I lost all but one friend as they didn't know how to be around me anymore! Then I found Headway, I come to the group every single week and when I'm here I just feel normal again. I have made new friends, friends who just get me - it has literally been a life saver.”

“The Neurosurgeon was very good and saved my life....what he couldn't tell me was how to live it again”

“You find out who your friends are.....what friends?!”

Headway Essex

A... can affect personal, social, educational and working life

The banner features a diagram of a human brain with various regions highlighted in different colors (blue, green, purple) and labeled with lines pointing to them. The text is in white and yellow on a dark blue background.

Dad told me about it





Headway
Essex

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Contact us

- **Telephone** – 01206 845945
- **Email** – abisupport@headwayessex.org.uk
- **Website** - <https://www.headwayessex.org.uk/>
- **Address** – The Headway Centre, Woodland Walk, Colchester, Essex CO4 6DH